

Weekly Market Bulletin

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From Your Commissioner... Sense of Place in Local Food, Farms

The growing family of edible communities magazines, such as edible Boston, edible Green Mountains, feature luscious photography, recipes, stories about farmers, chefs, and the local food industry. Now New Hampshire has its own magazine—edible White Mountains—to celebrate the distinctive people, places and character of our food and farms.

Editor and publisher KC Wright brings her perspective as a professional nutritionist and her passion as a devotee of locally grown and produced foods and beverages to this new venture. edible White Mountains serves all ten counties of New Hampshire, with four seasonal issues a year. Look for the Summer 2009 premier issue, or call 603-526-9081 or go to www.ediblewhitemountains.com.

Wright aims to connect farmers and food artisans with consumers. “I want to help those who are slogging in the fields, tapping the trees, fearing an untimely frost in the orchards, wearily milking the cows day in and day out, all while wondering how they will make ends meet, project their voices so that consumers truly understand and appreciate what it means to bite into that apple. My hope is that more consumers will reflect on the passion and commitment it takes to produce that food—and the impact it has on sustaining our communities,” she explains. “I want to inform and inspire people throughout New Hampshire, and those visiting, about our local food network and prompt them to spend their food dollars with our farmers and restaurants that serve local products. Basically, I want people to understand why it’s important to know where their food comes from.”

The French speak of *terroir*, the unique quality that comes from the land and place where foods and wines are produced. The new edition of the ‘New Hampshire’s Wine and Cheese Trails’ brochure is out. First published last year as a joint effort of our Division of Agriculture Development and the Department of Resource and Economic Development Division of Travel & Tourism, the beautifully illustrated guide to visiting vineyards, wineries and cheese making dairies flew off display racks. We printed more this year to meet the demand, and new wineries and farmstead cheese makers have been added.

Newest is Doug and Deb Erb’s Landaff Creamery, at Springvale Farms in Landaff. When the Agricultural Advisory Board visited the Erbs’ farm last November, the cheese making equipment was being installed. Now cheese fanciers can find the Erbs’ specialty Welsh-type cheese in stores such as the Hanover Food Co-op, Butters in Concord, or from their website www.landaffcreamery.com. Doug Erb traveled to Britain to learn from masters how to make this traditional cheese.

Look for this year’s ‘Experience Rural New Hampshire’ brochure, chock full of things to do and places to go, at state highway rest areas and other locations, or get the info without the illustrations on the Department’s website agriculture.nh.gov. This popular guide to everything from agricultural fairs to food and harvest festivals to gardening and historical events can help families plan activities.

The Concord Monitor recently published its '2009 Concord Insider' travel guide to the capital city region. "Because money doesn't grow on trees" is the banner across the big center spread on finding good times on a tight budget. Pick-your-own berries is one category of wallet-friendly activities featured. An eye-catching photo shows a mom and three young kids in a berry patch.

Reporter Cassie Pappathan writes, "First pick the berries as a family. Then go home and use said berries to bake a pie. Once pie is finished baking sit down together and eat the pie. Voila, that's three family activities right there."

Lorraine Merrill, Commissioner